**Resilient You program: Video Transcript**

**Module 3: Testing My Limits: Challenge 1**

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[00:00:00] **Skye:** [00:00:00] Welcome ladies to today's challenge. How are we all feeling? We are going shopping as we complete a physical strength challenge. In a moment, each of you will receive two shopping bags. Your job will be to hold those shopping bags out to your side or in front of you without letting the bags drop below waist height. One by one, our shopping items will be added to your bag, increasing the weight. This challenge is all about being the last woman standing. Are you ready for today's challenge? Let's go shopping.

[00:00:48] **Gab:** [00:00:48] Let's go shopping.

[00:00:51] **Skye:** [00:00:51] Please pick up your shopping bag. All right, ladies, the first item that is being added is a bag of [00:01:00] marshmallows. That's a nice, easy mushy start.

[00:01:04] **Casey:** [00:01:04] Oh, no thank you.

[00:01:07] **Skye:** [00:01:07] Remembering that bag cannot drop below waist height. The next item being added is a packet of bickies. Might seem easy but how long can we keep it in the air?

[00:01:28] We are adding a packet of spaghetti, bringing out total weight being carried so far up to just over a kilo. No spaghetti arms on our AFL player in the middle here,. She has got the guns to keep it up. Remember, this is all about endurance. I hope you had your Wheaties this morning, ladies. You're going to need it. A box of Weet-Bix is coming in next.

[00:01:56] And a container of salt coming in now, ladies, bringing your total [00:02:00] weight to over two kilos. Casey, come on, you lasted 24 days to jungle and you can't even hold a couple of bags up for longer than five minutes?

[00:02:16] **Casey:** [00:02:16] Seems not.

[00:02:22] **Gab:** [00:02:22] How you going there Casey? You look a bit wobbly there.

[00:02:24] **Casey:** [00:02:24] No, mate, I'm good, fine. I figured out your cheating tactic.

[00:02:30] **Skye:** [00:02:30] We'll be putting out arms back out to our sides or out in front.

[00:02:35] And Casey's arms are starting to shake. Will she be the first one to crack in this challenge? Gabby is looking strong in the middle. Those arms have clearly been conditioned.

[00:02:47] You've got this.

[00:02:49] **Casey:** [00:02:49] Nah, I'm gone.

[00:02:50] **Skye:** [00:02:50] And Casey is out, the first one to drop her shopping bag.

[00:02:58] We have just cracked over the [00:03:00] 10 minute mark and it's time to add a giant can of tuna.

[00:03:05] **Skye-Blue:** [00:03:05] Yeah. Bring on that protein.

[00:03:17] **Skye:** [00:03:17] Let's add in our final shopping item.

[00:03:19] **Skye-Blue:** [00:03:19] Hey Gabs, you want to go and arm wrestle after this?

[00:03:23] **Skye:** [00:03:23] We are well and truly over 15 minutes into this challenge now. This is an incredible display of endurance. Who is going to be the winner? Keeping those bags out. Keeping those arms strong.

[00:03:38] And she's down.

[00:03:42] Well done. Gabby.

[00:03:45] **Gab:** [00:03:45] Yeah, I was pretty happy to let those bags down because I was starting to shake, my mouth was getting dry. It was all happening.

[00:03:52] **Skye-Blue:** [00:03:52] Oh look, I don't like to lose. That's all right. I'll I'll get you next one.

[00:03:56] I mean, sports is not really my strength anyway, so I think I'm okay with [00:04:00] it. I tried my best and I say onward and upward.

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